

# WELLNESS RETREAT AT SAKURA RIDGE

IN HOOD RIVER

PRESENTED BY



ELEVATED  
MOVEMENT

## A weekend of health, wellness, and serenity.

Friday night, we gather at Sakura Ridge in Hood River, Oregon (less than 90 minutes from Portland) and begin our weekend with a nutritious meal, Grounding Meditation, and Sound Healing. Saturday, we will enjoy a full day of Pilates and Yoga, with a Nutritional Therapy workshop, and on Sunday, we close with a final breakfast and Pilates session. Sakura Ridge has stunning views of Mt. Hood. You will have time to relax, walk, and explore. **All meals are sourced with local and seasonal ingredients** and prepared by Sakura Ridge and our private chef.

### PRIVATE CHEF

PILATES • YOGA • NUTRITIONAL THERAPY  
SOUND HEALING • MEDITATION

## MAY 15-17, 2020

FEATURED INSTRUCTORS:  
HOLLY SHAW AND ISHBEL CAVALERI



LIMITED SPACE AVAILABLE.  
RESERVE YOUR SPOT TODAY!

### OPTION 1

Double Occupancy King Bed with View  
(4 rooms available)

*Room can be set for 1 king bed or 2 twin beds*

**\$995 per person**

### OPTION 2

Double Occupancy Queen Bed  
(1 room available)

*Room is set with 1 queen bed*

**\$900 per person**

*\*\*Partial proceeds go to celebrate and support a Portland-based artist\*\*  
\$400 non-refundable deposit to reserve | Full payment due May 1, 2020*

- 2 Nights at Sakura Ridge  
(5601 York Hill Dr. Hood River, OR 97031)
- 2 Breakfasts (prepared by Sakura Ridge)
- 2 Dinners & 1 Lunch (prepared by private chef)
- 2 Pilates Classes & 1 Yoga Class
- 1 Nutritional Therapy Workshop
- 2 Meditation and Sound Healing Sessions



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